

Link 3. Echinacea angustifolia and Traditional Use

(Compiled by Robyn Klein)

Pre-colonization – Current Era: Many Native Americans, including the Assiniboine and Sioux used *Echinacea angustifolia* for snakebites, burns, wounds, toothache, sore throat, coughs, colds, measles, and many other ailments.

Echinacea was discovered to have medicinal and health uses by several Native American groups living and hunting and gathering where *Echinacea* grows.

The root of *Echinacea angustifolia* was one of the most widely used medicinal plants among Plains tribes.

Echinacea angustifolia root is still chewed for toothache and sore throat by American Indians.

All parts of the plant are used in medicine, including the roots, leaves, flowering heads, and seeds.

See these web pages for information on traditional uses of *Echinacea*.

See pages 58-68 of these articles:

<http://www.fs.fed.us/r9/wildlife/tes/ca-overview/docs/Plants/Echinacea.pdf>

See page 4 of the power point found on this page: <http://www.fortpecktribes.org/crd/museum.htm>

Other tribes' traditional uses chart:

http://www.christopherhobbs.com/website/library/articles/article_files/echinacea_01.html